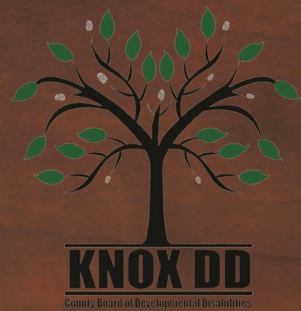




Easy Protein Balls



Prep: 10 Min Total: 20 Min Calories: 200 per ball

coshdd.org

knoxdd.com

Ingredients

- 2/3 Cup Peanut Butter
- 2 TB Honey
- 1/2 Cup Semi Sweet Chocolate Chips
- 1/2 Cup Ground Flax Seeds
- 1 Cup Old Fashioned Oats

Watch Along

To watch how to make this yummy meal, check us out on YouTube!



Share With Us

We'd love to see what you create! Share pictures of your creations!



1. Peanut Butter

Measure out 2/3 Cup of creamy peanut butter. Add to your mixing bowl.



2. Honey

Add 2 Tablespoons of Honey. Add to your peanut butter.



3. Chocolate Chips

Measure out 1/2 Cup of Semi-Sweet Chocolate Chips and add to your mixing bowl.



4. Ground Flax Seeds

Add 1/2 Cup Ground Flax Seeds to your mixture.



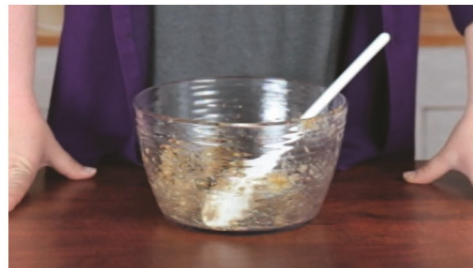
5. Oatmeal

The final ingredient is 1 Cup of Old Fashioned Oats. Add them to your bowl!



6. Combine

Now that all your ingredients are measured out, stir them around to combine. It may take a few minutes to get everything together.



7. Refrigerate

Place your mixture into the refrigerator for at least 15-30 minutes to firm up.



8. Roll & Enjoy!

Roll out your protein balls using a small cookie scoop and enjoy!



Switch it up!

Another yummy option is to use mini m&m candies, almond butter, raisins, coconut flakes, or anything else you think would be good in your protein balls!